

# TRICARE Europe

## Release

*"Your passport to quality health"*

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### Health Care Tips for Holiday Season

For many TRICARE Prime beneficiaries in Europe, the holiday season is a time for visiting — and visits from — family members who reside in the continental U.S. The following is a synopsis of need-to-know information about health care during this busy travel season.

#### Visiting Family in the States: Over 60 Days

If you will be traveling to the states for a visit that exceeds 60 days, contact your TRICARE Service Center (TSC) to let them know that you are going to request a transfer of your Prime enrollment to the region in which you will be staying. When you arrive at your destination, you must contact the gaining TSC to transfer your enrollment. A TRICARE representative there will tell you how you can obtain care in their region, where to send your claims, and will provide you with information on the local civilian provider network. Once you return to your overseas location, you must contact your TSC again to ensure your Prime enrollment is transferred back.

#### Visiting Family in the States: Under 60 Days

If you will be visiting another TRICARE region for less than 60 days, you do not need to transfer your enrollment. TRICARE Europe officials recommend that you wait until you return home to Europe to receive routine care, but you may receive urgent or emergency care in the U.S. without TRICARE authorization at the nearest military or civilian emergency room. If it is not possible to contact TRICARE Europe before you receive emergency or urgent care, you should try to do so within 24 hours. You may reach a TRICARE Europe representative from CONUS by calling 888-777-8343.

## **Visiting Children of Active Duty Members Assigned Overseas**

If you have children who attend school in the U.S. but return to stay with you overseas for an extended period (over 60 days) during the holiday season, we recommend they transfer their enrollment to TRICARE Europe Prime. Local enrollment ensures priority access to care and smooth claims processing. When your child or children return to school in the U.S. after a long-term visit, they must out-process with TRICARE Europe at your local TSC and then transfer back to the Prime or Standard coverage they had in the states upon their return.

If you have children who stay with you for a short period of time (less than 60 days), they may remain enrolled in their stateside TRICARE region. TRICARE recommends that these visitors wait until they return home to the states to receive routine care.

## **Other Visiting Family Members**

If your parents, in-laws, or other non-TRICARE eligible family members or friends visit you this holiday season, they must ensure that their private health insurance policy covers them overseas. Visitors who cannot use TRICARE cannot use the military health system in most cases. If your visitors need emergency care overseas, they will have to rely on their private insurance and the medical system of the host nation. If your visitors are covered under Medicare, ensure that they are aware that Medicare does not pay for care received overseas. Many travelers purchase temporary travel insurance to cover them in overseas locations.

If your visitors are TRICARE for Life members, ensure they are aware that TRICARE Prime is not offered for retirees living in or visiting overseas areas. TFL members must use TRICARE Standard in overseas areas, which means they will have to pay cost-shares and a deductible for any overseas care they receive. While both Medicare and TRICARE are available to cover TFL medical claims in the U.S., only TRICARE is available overseas.

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For more information about TRICARE and traveling, see [www.europe.tricare.osd.mil](http://www.europe.tricare.osd.mil) or stop by your local TRICARE Service Center. Information and contacts are also available in the TRICARE Europe 'Passport,' available at your local TSC.